

ciara lacey therapies

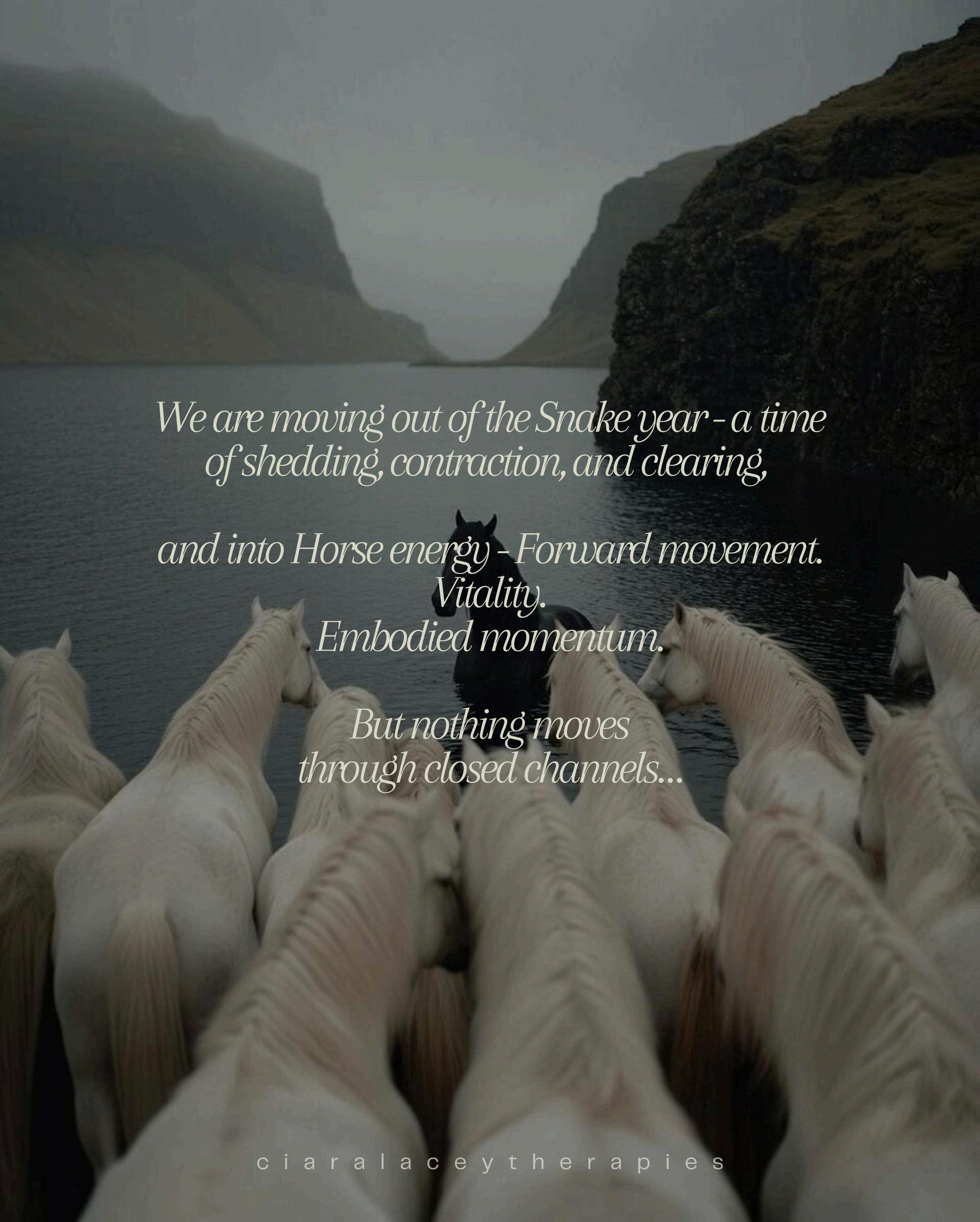
# RESET

*a guided breath, gut & nervous system reset*

beginning  
23/01/26

*Is your nervous system  
& gut  
holding more than they  
can process?*

*Holding stress.  
Holding emotion.  
Holding what's no longer yours.*



*We are moving out of the Snake year - a time  
of shedding, contraction, and clearing,*

*and into Horse energy - Forward movement.  
Vitality.*

*Embodied momentum.*

*But nothing moves  
through closed channels...*

*RESET is a breath-led opening channels journey supporting gut health, nervous system regulation, and skin as an expression of what's within.*

*Through Rebirthing Breathwork Mastery, a targeted Opening Channels supplement protocol by Marie Reynolds London, and weekly guided support, this is a space to clear, restore, and renew*

A black swan and a white swan are swimming in a pond. The black swan is on the left, and the white swan is on the right. They are facing each other. The water is dark and reflects the swans. In the foreground, there is a large amount of snow. The background is a hazy, overcast sky.

*We'll be working with:*

*Gut and digestive pathways  
The skin as an organ of elimination  
The vagus nerve and nervous system  
Emotional and energetic release*

## *4/8/12 week journey*

(depending on your body's response)

- Opening Channels supplement protocol by Marie Reynolds London
- Weekly live Friday evening breathwork sessions
  - Weekly guided audio support (5–10 mins)
  - One live group check-in/Q&A during the program

1:1 personal check in call

- Simple written companion guide
- Gentle weekly reflection prompts

# *Optional Add-On*

for topical support

The groundbreaking multi-use pre & probiotic

by

Marie Reynolds London

## RESTORE

Use as:

a face or body mask

skin nourishment

a full body microbiome bath soagentle support for  
vaginal care

A moth with dark wings and white spots, resting on a branch with leaves and pinecones. The moth is the central focus, with its wings spread wide. The background is dark and textured, with various shades of brown and green. The text is overlaid on the moth's body and wings.

*Freedom isn't just mental.  
It's digestive.  
Nervous-system deep.  
Energetic.*

R E S E T

clears the way

c i a r a l a c e y t h e r a p i e s